

Beyond the Capital

National Park Service
U.S. Department of the Interior



A Visitor's Guide to National Capital Parks-East

Winter 2006



Charting the Future While Preserving the Past www.nps.gov/nace

Message From the Superintendent



Dear Visitor:

Happy New Year and welcome to National Capital Parks-East! Here at NCP-East, we always find the first few months of the year to be a time of reflection and celebration. Beginning in January with Martin Luther King, Jr.'s birthday and continuing through Black History Month in February, we have an opportunity to remember the achievements of African Americans. In March, the focus shifts to commemorating women's history, and in April, we celebrate National Park Week. I am sure that you will share my enthusiasm for these program offerings that focus on our shared national heritage.

There are also plenty of opportunities to get outside to enjoy the natural and recreational resources of NCP--East. Park rangers at both Oxon Cove and Greenbelt Parks will challenge you to enjoy the cold temperatures, and maybe even some snow, as they lead you on a winter walk or through winter chores on the farm. Learn about our natural world as you assist with invasive plant removal or monitoring local frog populations. As spring arrives, plan on lending a helping hand by serving on a trail crew or cleaning up the Potomac Watershed.

Whatever your preferences, you are sure to find something of interest at the variety of sites within NCP-East. As always, please have a safe and enjoyable visit.

Gayle Hazelwood



Printed on recycled paper.

Mission

The National Park Service preserves unimpaired the natural and cultural resources and values of the National Park System for the enjoyment, education, and inspiration of this and future generations. The Park Service cooperates with partners to extend the benefits of natural and cultural resource conservation and outdoor recreation throughout this country.



National Capital Parks-East is one of 388 units of the National Park System.

What's Inside:

Trip Planner.....	Page 3
Points of Interest.....	Pages 4 - 5
Volunteer Opportunities.....	Page 5
Park Partners.....	Pages 6 - 7
Winter Events.....	Pages 8 - 13
Cover Story.....	Pages 14 - 15
Bookstore Information.....	Page 16
Play it Safe.....	Page 17
Activities at Your Fingertips.....	Page 18
Park Map.....	Page 19

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PLEASE tell us what you think. Letters and comments should include a full name and address or email address. Email can be sent to: Janet_Braxton@nps.gov.

Beyond the Capital: Visitor's Guide to NCP-East is a publication of the National Park Service. Correspondence should be addressed to: National Capital Parks-East, Newspaper Editor, 1900 Anacostia Drive, SE, Washington, D.C. 20020.

Image on front cover: Left, Dr. Dorothy Height; Right, Mary McLeod Bethune; Background, Mary McLeod Bethune Council House National Historic Site.

Trip Planner

The parks of National Capital Parks-East offer many opportunities to explore over 8,000 acres of natural, cultural, and recreational lands. You can hike or bike on the trails in the Fort Circle Parks or roller-skate at Anacostia Park. Take the kids to learn how to milk a cow at Oxon Hill Farm or camp in the mature hardwood forest at Greenbelt Park. Tour the last residence of the great abolitionist, orator, and statesman Frederick Douglass or that of the first president of the National Council of Negro Women, Mary McLeod Bethune. If your interest is the great outdoors, take a hike to enjoy the beautiful meadows of Piscataway Park or paddle a canoe through the unique wetlands of Kenilworth Marsh. Watch the sunrise at historic Fort Washington Park. There is something for everyone. Enjoy your visit!

Special Services

NCP-East makes every effort to provide access to all of our facilities and programs for the broadest possible range of visitors. From children and the elderly to those who are physically challenged, NCP-East strives to create inclusive opportunities for all people.

For detailed information on special services, visitors should contact the park's Accessibility Coordinator at (202) 690-5188.

Park Regulations

Help protect park resources and ensure an enjoyable visit for everyone by complying with park rules and posted regulations.

- Pets are welcome, except at Oxon Cove Park. Pets must be kept on leashes no longer than 6 feet long and under control at all times.
- Discharging firearms anywhere on NCP-East lands is unlawful.
- Please dispose of your garbage and other refuse in park-provided containers.
- When hiking, stay on the established trails and watch your footing at all times.
- Please respect park resources and keep bicycles on paved roads and designated bike trails.

Important Phone Numbers

Emergencies	Dial 911
U.S. Park Police Communications Center	202-619-7105
Park Headquarters	202-690-5185
Campground Reservations	800-365-CAMP or 301-344-2929
Local Weather	202-936-1212
Metro Rail and Bus	202-637-7000

Support Your National Parks

ANYONE VISITING a national park can help the National Park Service by purchasing a National Parks Pass from one of our sites. Income generated by the sale of a National Parks Pass directly supports priority projects at the park where the card is purchased.

The National Parks Pass

- provides admission into any national park requiring an entry fee.
- is valid for one year from the month of purchase.
- will admit you and any accompanying passengers in your single, private, non-commercial vehicle, where a per vehicle fee is required.
- will admit spouse, parents, and children at those parks where a per person entrance fee is required.
- comes with a special "owner's manual" featuring information for all the national parks.
- supports America's national parks because \$40 of each purchase goes directly to the parks to support vital programs like protecting wildlife and preserving historic buildings.

National Parks Passes are \$50.00 each. Passes may be purchased online by visiting www.nationalparks.org or over the phone by calling 1-888-GO-PARKS.

For an additional \$15, the purchaser of a National Parks Pass will receive a gold hologram sticker which upgrades the Parks Pass to a Golden Eagle. Golden Eagle Passes provide admittance to all public lands with entrance fees. Passes cover entrance fees only, not user fees such as campgrounds, parking, etc. The Golden Eagle hologram is available for purchase only at parks that charge entrance fees.

The best way to support the parks at NCP-East is to purchase the pass at Fort Washington Park, which is the only NCP-East site that charges an entrance fee. Eighty percent of the \$50.00 price will then remain at NCP-East.

Points of Interest

Anacostia Park

ANACOSTIA PARK presently spans over 1,200 acres stretching the length of the Anacostia River from the Frederick Douglass Memorial Bridge north approximately five miles to the District/Maryland line. It includes Langston Golf Course and River Terrace and is one of Washington, D.C.'s largest and most important parks with diverse recreational opportunities, natural areas, and historic sites.

This multi-use recreation park, with shoreline access, skating pavilion, ball fields, basketball and tennis courts, and picnic areas attracts people from throughout the city and across the nation. The shorelines also provide opportunities for river access, fishing, birding, and just relaxing!

The park is open daily from 9:00 a.m. to 5:00 p.m. except January 1, Thanksgiving Day, and December 25.

Contact Information
1900 Anacostia Drive, SE
Washington, D.C. 20020
202-472-3884
www.nps.gov/nace

Capitol Hill Parks

When L'Enfant submitted his design for the national capital of Washington in 1790, a system of grand avenues, public buildings, and grounds dominated the overall plan. Many of the parks, medians, circles, and squares of Capitol Hill evolved from this plan and its subsequent modification in 1901 by the McMillan Commission.

The **CAPITOL HILL PARKS**, located between 2nd Streets NE and SE and the Anacostia River, provide elegant and useful greenspace within the city of Washington for relaxation, aesthetic enjoyment, and historic commemoration.

Included in this group are: Lincoln, Folger, Stanton, and Marion Parks; Maryland Avenue Triangles; Pennsylvania Avenue Medians, Squares and Triangles, including Seward Square; Potomac Avenue Metro Stations; Twining Square, and other inner city green spaces.

Contact Information
1900 Anacostia Drive, SE
Washington, D.C. 20020
202-690-5185
www.nps.gov/nace

Fort Dupont Park

FORT DUPONT PARK is the largest of the Fort Circle Parks. Here you will find earthwork fortifications used in the Civil War.

Today, Fort Dupont Park is a heavily wooded, 400-acre site that protects an important sub-watershed of the Anacostia River and contains tennis and basketball courts, softball fields, and a community ice-rink. Its rolling wooded hills are an important visual element of the nation's capital and provide an attractive setting for community garden plots, frolicking children, and an annual summer concert series. There you will also find picnicking areas and hiking and biking trails. The park is open to the public daily, from dawn to dusk.



Contact Information
1411 W Street, SE
Washington, D.C. 20020-4813
202-426-5961
www.nps.gov/fodu

Fort Washington Park

FORT WASHINGTON is a 19th century fortification that was built to defend the nation's capital from naval attacks. It remained active through 1946.

The fort is closed on Thanksgiving Day, December 25, and January 1. The grounds are open from sunrise to sunset and the fort and visitor center are open from 9:00 a.m. to 5:00 p.m. Memorial Day through Labor Day and from 9:00 a.m. to 4:30 p.m. Labor Day through Memorial Day. An entrance fee is charged from April through October.

Tours of the fort are available daily. Picnicking areas, river views and access, extensive woodlands, and hiking trails are also available. Fort Washington Park hosts a number of special events annually including Civil War artillery firing demonstrations and living history programs.

Contact Information
1355 Fort Washington Road
Fort Washington, MD 20744
301-763-4600
www.nps.gov/fowa

Mary McLeod Bethune Council House NHS

Nestled in the heart of the Logan Circle Historic District in Washington, D.C. is the **MARY MCLEOD BETHUNE COUNCIL HOUSE NATIONAL HISTORIC SITE**. Bethune founded the National Council of Negro Women and the site served as its national headquarters from 1943 to 1966.

The National Archives for Black Women's History, housed at the site, has materials pertaining to black women and their organizations and contains extensive correspondence, photographs, and memorabilia related to the National Council of Negro Women.

The site is open to the public Monday through Saturday from 9:00 a.m. to 5:00 p.m. It is closed January 1, Thanksgiving Day, and December 25.

Contact Information
1318 Vermont Avenue, NW
Washington, D.C. 20005
202-673-2402
www.nps.gov/mamc

Oxon Cove Park/Oxon Hill Farm

Located in the District of Columbia and Prince George's County, Maryland, **OXON COVE PARK** features the 63-acre **OXON HILL FARM**, a working historic farm. Visitors can explore the early 19th century farm house (Welby Manor), and other historic barns, stables, and outbuildings. Animals, crops, orchards, and gardens are also found on the farm site. The park's 485 acres also provide recreational opportunities for hiking, biking, and picnicking, and are an excellent resource for environmental studies, wildlife observing, and fishing.

The farm is open to the public daily from 8:00 a.m. to 4:30 p.m. except January 1, Thanksgiving Day, and December 25. Reservations are required for special programs, education offerings, and popular activities such as milking cows, gathering eggs, and wagon rides.

Contact Information
6411 Oxon Hill Road
Oxon Hill, MD 20745
301-839-1783 V/TDD
www.nps.gov/oxhi

Piscataway Park

Situated along the Potomac River in Maryland, **PISCATAWAY PARK** was created to preserve the historic views from Mount Vernon, home to President George Washington, to Fort Washington. The forested coves and tidal marshes located along the Piscataway Park shoreline are a great place for exploring by canoe. Saylor Grove is a beautiful place for picnicking and fishing. The park is a natural area and is home to bald eagles, beavers, fox, osprey, and many other species. To complement the surroundings, the park offers a public fishing pier (presently closed for repairs), two boardwalks over freshwater tidal wetlands, a variety of nature trails, meadows, and woodland areas, each with unique features.

Piscataway Park is located on the east shore of the Potomac River, west of Accokeek, Maryland, and is open from dusk to dawn.

Contact Information
13551 Fort Washington Road
Fort Washington, MD 20744
301-763-4600
www.nps.gov/pisc

Sewall Belmont House and Museum

The **SEWALL-BELMONT HOUSE AND MUSEUM** is the site where suffrage leader Alice Paul and the women of the National Woman's Party led the fight for equal rights for women in the United States and throughout the world. The National Woman's Party was instrumental in gaining the passage of the Nineteenth Amendment to the Constitution giving women the right to vote.

Alice Paul, the author of the Equal Rights Amendment, lived and worked in the house for many years. The library, which contains an unparalleled collection of suffrage and equal rights artifacts and documents, is dedicated to the history of the party and the history of the suffrage and equal rights movements. Please call for tour availability.

Contact Information
144 Constitution Avenue, NE
Washington, D.C. 20002
202-546-1210
www.sewallbelmont.org

Frederick Douglass NHS

Perhaps the most widely known NCP-East site is Cedar Hill -- the home of abolitionist and reformer Frederick Douglass. The **FREDERICK DOUGLASS NATIONAL HISTORIC SITE** houses an impressive collection of original furnishings and artifacts associated with this great American.

The park is open to the public daily, except January 1, Thanksgiving Day, and December 25. Visitors learn about the life of Frederick Douglass through exhibits, a film in the visitor center, and ranger-led tours of the home. Space in the house is limited. Reservations are required for groups of 5 or more and encouraged for others.

The public can expect a few closures of the home throughout the winter and spring as the site undergoes a series of maintenance projects. For closures or project updates, please call ahead or check the site's website.

Contact Information

1411 W Street, SE
Washington, D.C. 20020-4813
202-426-5961
www.nps.gov/frdo

Greenbelt Park

GREENBELT PARK is a natural oasis situated just 12 miles from Washington, D.C. and 23 miles from Baltimore, Maryland. The park's 1,100 acres of oak, maple, sweetgum, and old pine are a retreat from the pressures of city life and a forested refuge for native plants and animals.

A wide range of recreational opportunities and educational programs are available year-round, including facilities for picnicking, camping, backpacking, biking, bird watching, hiking, and wildlife viewing.

The park is open daily from dawn to dusk. The ranger station is open year-round from 8:00 a.m. to 3:45 p.m., except January 1, Thanksgiving Day, and December 25.



Contact Information

6565 Greenbelt Road
Greenbelt, MD 20770
301-344-3948
www.nps.gov/gree

Kenilworth Aquatic Gardens

KENILWORTH AQUATIC GARDENS is the only NPS site devoted to the cultivation of flowering aquatic plants. It is a 12-acre sanctuary that features serene ponds, flowering water lilies and lotus, as well as many species of birds and wildlife. The Aquatic Gardens' annual Waterlily Festival in July, the peak of the blooming season, attracts thousands of visitors. The visitor center is open daily from 8:00 a.m. to 4:00 p.m. except January 1, Thanksgiving Day, and December 25.

KENILWORTH MARSH is a 77-acre freshwater tidal marsh that borders the Kenilworth Aquatic Gardens. The marsh includes 32-acres of marsh restored in the 1990s to provide habitat for a wide array of wildlife and wetland plants native to the region. An interpretive boardwalk and the River Trail from the Aquatic Gardens provide visitors access to various marsh zones and the Anacostia River.

Contact Information

1550 Anacostia Avenue, NE
Washington, D.C. 20019
202-426-6905
www.nps.gov/kepa

Langston Golf Course

Named for John Mercer Langston, an African American elected to Congress in 1888, **LANGSTON GOLF COURSE** offers an 18-hole course, driving range, and clubhouse.

The course opened in 1939, as a 9-hole facility when very limited golfing facilities were available to African Americans. Nine additional holes were constructed in the 1950s. Although the layout and landscape has evolved over time, Langston Golf Course was placed on the National Register of Historic Places for its efforts to provide equal access during the era of racial segregation. Historically, it was a pioneer in establishing African American golf clubs and professional golfers.

Langston's Pro Shop and snack bar are open from dawn to dusk year-round. The driving range is open from 9:00 a.m. to 5:00 p.m. daily, except December 25.

Contact Information

26th & Benning Road, NE
Washington, D.C. 20019
202-397-8638 phone
www.golfdc.com

Volunteer Opportunities at NCP-East

The National Park Service offers volunteer opportunities to high school and college students and members of organizations and community groups to support the efforts of National Capital Parks-East. We invite you to join the VIP (volunteers-in-parks) program!

A volunteer experience contributes much to the mission of the National Park Service and to the community. NCP-East VIP job opportunities are diverse and are available at all eight park sites. Volunteers welcome visitors to the parks, conduct guided tours, assist with special events, maintain trails, serve as campground hosts, design computer programs, and much more. You are encouraged to contact the volunteer coordinators listed below to inquire further about volunteer opportunities or visit us at <http://www.nps.gov/nace>.



PARK	COORDINATORS	PHONE
Anacostia Park	Wayne Phillips	202-472-3884
Fort Dupont Park	Paul Gross	202-426-5961
Fort Washington Park	Barbara Wadding	301-763-4600
Frederick Douglass NHS	Paul Gross	202-426-5961
Greenbelt Park	Kevin Barry	301-344-3944
Kenilworth Aquatic Gardens	Debbie Kirkley	202-426-6905
Mary McLeod Bethune Council House	Joy Kinard	202-673-2402
Oxon Cove Park/Oxon Hill Farm	Owen Johnson, Jr.	301-839-1176

Park Partners

Accokeek Foundation

The **ACCOKEEK FOUNDATION** operates the National Colonial Farm, located in Piscataway Park. The farm was established by the foundation in 1958 to educate people about farm life. It is a recreation of a middle class farm dating back to 1775. Demonstrations depict the life of a typical family during colonial times.

Visitors will find a circa 1780 farm dwelling, an 18th century tobacco farm, a smokehouse, a public fishing pier, and a riverside path with a beautiful view of Mount Vernon, the former home of President George Washington. The Ecosystem Farm offers educational opportunities through the Center for Land-Based Training.

Contact Information

3400 Bryan Point Road
Accokeek, MD 20607
301-283-2113
www.accokeek.org

Alice Ferguson Foundation

The **ALICE FERGUSON FOUNDATION** is a preeminent environmental educational organization on the Potomac River in Piscataway Park. As a leader of watershed stewardship, it models innovative practices, outreach, partnerships, programs, and events that are replicated globally. Through its award-winning program for school children at Hard Bargain Farm and the Bridging the Watershed program, students are guided to conduct investigations of the local environment, including wetlands, farmlands, and meadows while expanding their personal connection to the natural world.

Each year, more than 10,000 students from the Washington, DC metropolitan area come to Hard Bargain Farm for day or overnight education field trips, the Annual Potomac Watershed Cleanup, and the Annual Spring Farm Festival.

Contact Information

2001 Bryan Point Road
Accokeek, MD 20607
301-292-5665
www.fergusonfoundation.org

Anacostia Community Boathouse Association

ANACOSTIA COMMUNITY BOATHOUSE ASSOCIATION (ABCA) is a volunteer organization dedicated to safe and environmentally responsible recreation on the Anacostia River.

The ABCA provides opportunities for non-motorized recreational water activities such as rowing, paddling, kayaking, and canoeing. As a partner with the National Park Service, ABCA works to improve boathouse facilities for the diverse communities along the Anacostia River. A permanent community boathouse is planned on the north shore of the Anacostia River that will contribute to the restoration and revitalization of the entire Southeast Washington and Anacostia community, and advance and improve access to the river for all to enjoy.

Contact Information

1115 O Street, S.E.
Washington, D.C. 20005-4405
202-548-0469
www.anacostiaboathouse.org

Aquatic Resources Education Center

The **AQUATIC RESOURCES EDUCATION CENTER (AREC)** is located in Anacostia Park adjacent to the Anacostia Skating Pavilion. The Center is a cooperative partnership between the District of Columbia's Fisheries and Wildlife Division, U.S. Fish and Wildlife Service, and the National Park Service.

Visitors and students learn about the ecology, conservation, and biology of local aquatic and fisheries resources through workshops, presentations, and interactive displays. These activities and programs also serve to educate the local community on the need for awareness and protection of these fragile resources.

Contact Information

1900 Anacostia Dr., S.E.
Washington, D.C. 20020
202-535-2260
www.doh.dc.gov/doh/cwp



Birding in the snow at Hard Bargain Farm.
Photo courtesy of the Alice Ferguson Foundation.

Discovery Creek Children's Museum

DISCOVERY CREEK provides environmental education programs for children, families, and teachers. These hands-on, thought provoking programs take place in partnership with National Capital Parks-East and DC Public Schools at Kenilworth Aquatic Gardens.

School-day science programs engage and excite elementary school children to learn about science and nature. Discovery Creek inspires children to develop a life-long love of learning and a passion for the environment.



Photo courtesy of Discovery Creek Children's Museum of Washington.

Contact Information

2233 Wisconsin Avenue NW Suite 410,
Washington, D.C. 20007
202-337-5111
www.discoverycreek.org

Earth Conservation Corps

EARTH CONSERVATION CORPS (ECC) is a non-profit youth development and environmental service organization located on the Anacostia River. ECC provides underprivileged young people with hands-on life skills, education, career and environmental training with an overall goal to facilitate the restoration of the Anacostia River and its surrounding communities.

Since 1992, ECC has recruited and trained over 18,000 young people in an effort to reclaim the Anacostia River. In 2002, ECC was awarded a grant to construct the first three demonstration sites of the Riverwalk Trail: Henson Park, the Old Capital Pump House, and a trail beneath the 11th Street bridge. ECC is a valuable partner to the National Park Service, assisting in the clean-up, beautification, and restoration of several park sites.

Contact Information

Earth Conservation Corps
First Street & Potomac Avenue, S.E.
Washington, D.C. 20003
202-554-1960
www.ECC1.org

Friends of Fort Dupont Ice Arena, Inc.

The Fort Dupont Ice Arena is owned by the National Park Service and managed and operated by **FRIENDS OF FORT DUPONT ICE ARENA, INC.** Fort Dupont Ice Arena is the only public indoor ice arena in the city of Washington, D.C.

The arena offers athletic programs that encourage community participation. Many of the programs, such as Kids on Ice, are free.

Fort Dupont Ice Arena has been named as an America's Promise "Safe Place" - a safe place for young people that offers structured activities during non-school hours. The ice arena also serves as the venue for hockey tournaments and a practice rink for school hockey teams.

The ice rink will close on April 1, 2006 and will reopen in mid-June, 2006.

Contact Information

3779 Ely Place, S.E.
Washington, D.C. 20019
(202) 584-5007
www.fdia.org

Student Conservation Association

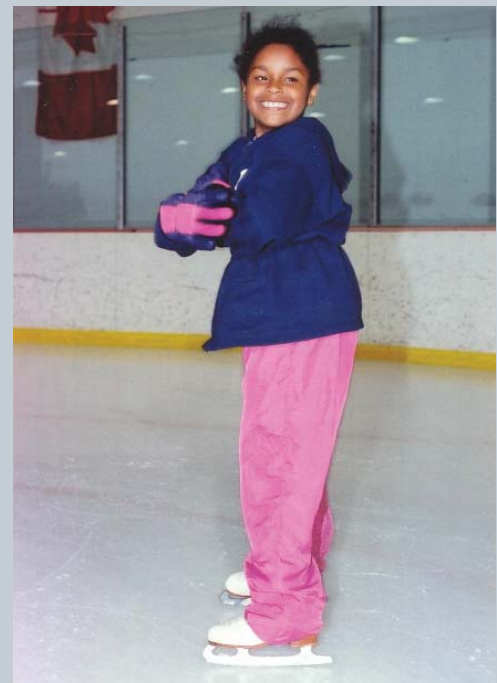
The **STUDENT CONSERVATION ASSOCIATION (SCA)** provides high school students, college students, and others with meaningful conservation service internships and volunteer opportunities in our national parks. Students enjoy adventure, gain experience, and make a difference. SCA has made an invaluable contribution to the beautification and conservation of the parks in National Capital Parks-East.

Contact Information

1800 North Kent Street, Suite 102
Arlington, VA 22209
703-524-2441
www.thesca.org

Smiles are what the Fort Dupont Ice Arena is all about!

Urban ice princesses at Fort Dupont Ice Arena.
Photo courtesy of Fort Dupont Ice Arena.



Skater at Fort Dupont Ice Arena.
Photo courtesy of Fort Dupont Ice Arena.

Winter Events 2006

January 2006

National Puzzle Month Exhibit

Oxon Cove Park - Visitor Barn
Monday, Wednesday, and Friday
8:00 a.m. to 3:45 p.m.
Tuesday and Friday
1:45 p.m. to 3:45 p.m.
January 1 through January 31
301-839-1176
All Ages

Celebrate one of America's oldest past times - puzzle solving. Browse around the Visitor Barn to see the variety of scenic puzzles on display.

Invasive Plant Removal

Greenbelt Park -
Sweetgum Picnic Area
11:00 a.m. Saturday, January 7
301-344-3944
Ages 8 to Adult
Help protect Greenbelt Park from harmful invasive plants while learning about native and non-native plants.

Animals in Winter

Greenbelt Park - Ranger Station
1:00 p.m. Sunday, January 8
301-344-3944
Ages 5 to 12
Discover animal behavior and survival techniques through winter. *Reservations required.*

Winter Walk

Greenbelt Park - Ranger Station
2:00 p.m. Saturday, January 14
301-344-3944
Ages 6 to Adult
Join a park ranger to discover a forest in the heart of winter on a one mile walk through Greenbelt Park. *Reservations required.*

Civil Rights Film Festival

Frederick Douglass National Historic Site - Visitor Center
11:30 a.m. January 9 - 16
202-426-5961
All Ages
Remember the legacy of Dr. Martin Luther King, Jr. by viewing a series of documentaries on the civil rights movement. *Please call for a film schedule.*

Martin Luther King, Jr. Holiday Celebration

Fort Dupont Park - Ice Arena
12:00 p.m. Monday, January 16
202-584-5007
All Ages
Fees: Adults, \$4.00; children (12 & under), \$3.00; Senior Citizens, \$3.00. Skate rental: \$2.00

Martin Luther King, Jr. Birthday Week Observance

Mary McLeod Bethune Council
House National Historic Site
1:00 p.m. daily January 16 - 20
January 16,
Gayle Hazelwood,
Superintendent, NCP-East
January 17,
Alex Romero, Deputy
Superintendent, NCP-East
January 18,
Keith Washington, Deputy
Director, Prince George's County,
Maryland, Office of Homeland
Security
January 19,
Jack Johnson, Prince George's
County Executive
January 20,
Rev. Walter Fauntroy, former
director of the Washington Bureau
of the Southern Christian
Leadership Conference
202-673-2402

Adults
Throughout the week, motivational speakers will explore the topic of "How to Overcome Life's Adversities." Please bring a brown bag lunch.

Saturday Matinee

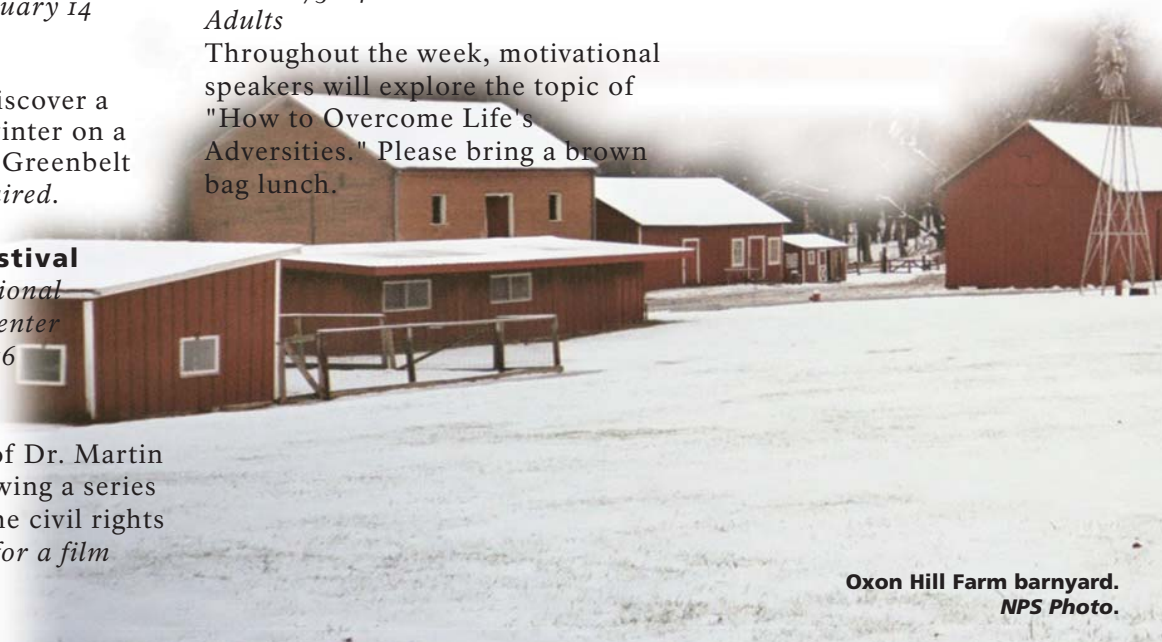
Oxon Cove Park - Visitor Barn
1:00 p.m. Saturday, January 21
301-830-1176
All Ages
Spend Saturday afternoon at the movies! Farm favorites, *Charlotte's Web* and *Babe*, will be featured.

Winter Chores on the Farm

Oxon Cove Park - Visitor Barn
9:00 a.m. Sunday, January 22
301-839-1176
All Ages
Join a park ranger for a morning of winter chores on the farm. Help feed the animals, clean the stables, milk the cow, and more. *Reservations required.*

Historical Farm Equipment

Oxon Cove Park - Visitor Barn
12:30 p.m. Sunday, January 29
301-839-1176
All Ages
Did you ever wonder what a strange looking piece of equipment was used for? Take a walking tour and learn how technology changed as machines replaced horse power.



Oxon Hill Farm barnyard.
NPS Photo.

February 2006

Celebrating Black History Month

Oxon Cove Park - Visitor Barn
12:30 p.m. daily during February
301-839-1176

All Ages

Through discussion, exhibits, and other activities, discover what life was like for African Americans who lived on Oxon Hill Farm during the first half of the 19th century.

Reservations required.

Black Scientist Exhibit

Kenilworth Aquatic Gardens -
Visitor Center

All Month

202-426-6905

All Ages

An exhibit and film highlight the the contributions of black scientists.

African American History Month Lecture Series

Mary McLeod Bethune Council

House National Historic Site

6:30 p.m., Wednesdays

February 1,

Dr. Abena Lewis- Mhoon

February 8,

Dr. Dwayne Wright

February 15,

Dr. Quito Swan

202-673-2402

Adults

Each year, in collaboration with Howard University, the Mary McLeod Bethune Council House National Historic Site sponsors an African American History Month Lecture Series. *Celebrating Community: A Tribute to Black Fraternal, Social, and Civic Institutions* is the theme for the 2006 Lecture Series. The lectures will focus on the roles of civil rights organizations and African American sororities and fraternities in building better communities.

Friday Night Films III

Mary McLeod Bethune Council

House National Historic Site

6:30 p.m. Fridays

February 3,

The Passion of Remembrance

February 10,

Coffee Colored Children, Black

Women On: The Light, Dark Thang

February 17,

Nobody Knows My Name

February 24,

TBA

202-673-2402

All Ages

The 3rd Annual Friday Night Film Series will feature selections related to the African Diaspora, skin complexion, hip hop's impact on the culture of African American women, and musical interpretation. The film showings will be accompanied by dialogue from Dr. Donald Roe, film critic and instructor of African American film history at Howard University, and poets from the American Poetry Museum.

Frogs, Frogs, and More Frogs - A Monitoring Project

Kenilworth Aquatic Gardens -

Visitor Center

10:00 a.m. Saturday, February 4

202-426-6905

Ages 18 to Adult

Snow date, February 11

Do something wild this winter! The staff at Kenilworth Aquatic Gardens is seeking volunteers to listen for and note the sounds of frogs throughout the park. This monitoring project will not only provide important data to assess amphibian populations in our area, but will also contribute valuable insight into the health of larger ecosystems.

Reservations required.

Invasive Plant Removal

Greenbelt Park -

Sweetgum Picnic Area

11:00 a.m. Saturday, February 4

301-344-3944

Ages 8 to Adult

See Saturday, January 7, for program description.

Winter Walk

Greenbelt Park - Ranger Station

2:00 p.m. Sunday, February 12

301-344-3944

All Ages

See Saturday, January 14, for program description.

What's the Fuss with Squirrels?

Greenbelt Park - Ranger Station

1:00 p.m. Saturday, February 18

301-344-3944

Ages 5 - 12

Learn how and why squirrels build warm nests, use trees for shelter and a food source, and how they communicate. *Reservations required.*

Reading Ranger

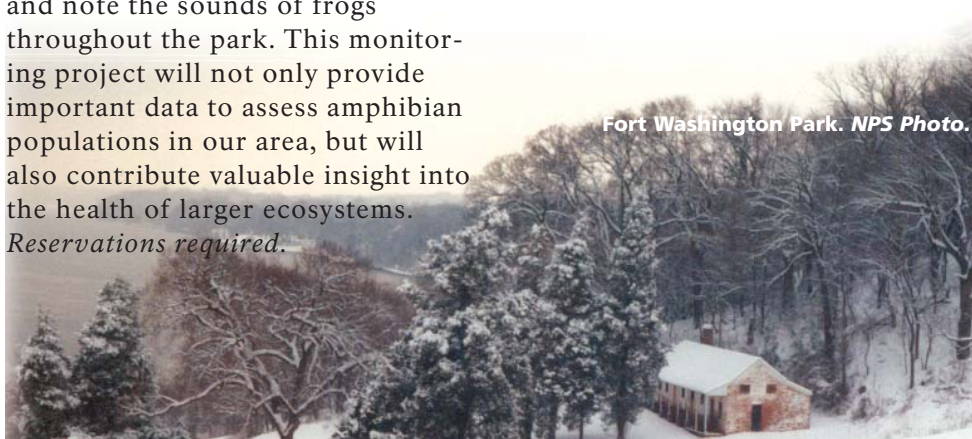
Greenbelt Park - Ranger Station

1:00 p.m. Sunday, February 19

301-344-3944

Ages 6 to 10

Discover the inspiring story of Wilma Rudolph, an African American who became the first American woman to win three gold medals at one Olympics.



Frederick Douglass' Birthday

Frederick Douglass

National Historic Site

10:00 a.m. Tuesday, February 14

202-426-5961

Ages 8 and up

Celebrate Frederick Douglass' 188th birthday with a program commemorating his life and legacy.

Frederick Douglass Conference

Matthews Memorial

Baptist Church

9:30 a.m. Friday, February 17

202-544-6474

Ages 9 to adult

Join the Frederick Douglass Memorial & Historical Association for its first Frederick Douglass Conference. This year's theme is "Frederick Douglass' Perspectives on the Effects of Politics Today." Lunch will be included. *This program will be held at the Matthews Memorial Baptist Church, 2616 Martin Luther King, Jr. Avenue, SE.*

Okra

Oxon Cove Park - Visitor Barn

1:30 p.m. Sunday, February 19

301-839-1176

All Ages

Come to Oxon Hill Farm to learn the cooking techniques and history of okra, a vegetable brought to the New World from Africa via the slave trade. All visitors will receive a free recipe.

President's Day Holiday Public Skate

Fort Dupont Park - Ice Arena

12:00 p.m. Monday, February 20

202-584-5007

All Ages

Fees: Adults, \$4.00; children, (12 & under) \$3.00; Senior Citizens, \$3.00. Skate rental, \$2.00.

African American History Month Panel Discussion-Students Speak-Out

Mary McLeod Bethune Council

House National Historic Site

6:30 p.m.

Wednesday, February 22

202-673-2402

Adults

Learn the philosophies of students that speak out about African American sororities and fraternities, their purpose, and their enriching force in building a better world. This event is co-sponsored by the University of the District of Columbia.

In Douglass' Shoes

Frederick Douglass National

Historic Site - Visitor Center

11:00 a.m.

Saturday, February 25

202-426-5961

Ages 6 and up

A slave shirt, a top hat, a walking stick...Get a glimpse of the world of Frederick Douglass by exploring objects that he used in everyday life.

Lift Every Voice, Junior Rangers/Historians Program

Mary McLeod Bethune Council

House National Historic Site

10:00 a.m.

Saturday, February 25

202-673-2402

Ages 8-12

Learn about Mary McLeod Bethune, her role in the struggle for civil rights, different methods of protesting, and organizations in the modern civil rights movement.

Matthew Henson at the North Pole

Greenbelt Park - Ranger Station

1:00 p.m. Saturday, February 25

301-344-3944

All Ages

Discover how misfortune and endless jobs landed Matthew Henson, an African American, at the North Pole in 1909.

Reservations required.

Dr. George Washington Carver Exhibit and Film

Oxon Cove Park - Visitor Barn

12:30 p.m. daily during February

301-839-1176

All Ages

Learn about a great African American's contribution to agriculture. View the video, *Carver: Man of Vision*, at the Visitor Barn Book Shop. An exhibit about Carver's life will also be on display in the bookstore.

Spring Incubation

Oxon Cove Park - Visitor Barn

February 1 through June 1

301-839-1176

All Ages

In an effort to create agricultural awareness through interactive learning, park staff will distribute incubators, fertile eggs, and educational material to teachers. The program provides insight on chicken embryo development, how to properly care for hatching eggs, and provides an opportunity for children to observe the miracle of life first-hand.

Educators, please call for more information.

March 2006

Celebrate Women's History Month at the Sewall-Belmont House and Museum

Throughout March, the Sewall-Belmont House and Museum, home of the historic National Woman's Party, will honor women by bridging history with today's issues. Visit www.sewall-belmont.org for information about programs including lectures, book signings, and children's programming.



Alice Paul.
Courtesy of SBHM.

Children's Saturdays

Become a Sewall-Belmont House and Museum "Young Suffragist." Learn how women won the right to vote, make your own protest banners, and experience firsthand the story of women's heroism by seeing original pictures, books, and newspapers from the time period. Third Saturday of every month, 9:45 a.m. to noon, Refreshments provided. \$10.00 per child. Please RSVP at (202) 546-1210.

Women's History Month Book Discussions - "Women: Builders of Communities and Dreams"

Mary McLeod Bethune Council
House National Historic Site
12:00 p.m. Thursdays
202-673-2402

Adults

March 2

Professors and Historians
Audrey McCluskey and Elaine Smith will discuss the book, *Mary McLeod Bethune: Building a Better World*.

March 9

Dr. Dorothy I. Height will discuss *The Historical Cookbook of the American Negro* by the National Council of Negro Women, which contains recipes from famous women such as Harriett Tubman's corn bread recipe.

March 16

Dr. Mary Frances Berry will discuss her newly released book *My Face Is Black Is True: Callie House and the Struggle for Ex-Slave Reparations*.

March 23

Dr. Darlene Clark Hine will discuss her book, *Hine Sight: Black Women and the Reconstruction of American History*.

March 30

Maria Goodwin will discuss her book, *The Guide to Black Washington*.

Women's History Month Friday Afternoon Discussions Led by Junior Rangers/Historians

Mary McLeod Bethune Council
House National Historic Site
12:00 p.m.

March 3, 10, 17, 24, 31, 2006

(202) 673-2402

4th-12th grades

Each Friday afternoon in March, junior rangers will lead discussions about outstanding women who were builders of communities and dreams in American history. The discussions stem from Women's History Month national theme: "Women: Builders of Communities and Dreams."

Invasive Plant Removal

Greenbelt Park -
Sweetgum Picnic Area
11:00 a.m. Saturday, March 4
301-344-3944

Ages 8 to Adult

Help protect Greenbelt Park from harmful invasive plants. Join in a hands-on nature preservation activity and learn about native and non-native plants.

Defining the Care in Caretaker Frederick Douglass National

Historic Site - Visitor Center
1:00 p.m. Saturday, March 4

202-426-5961

Ages 13 and up

Celebrate Women's History Month by learning about the remarkable efforts of the women of the Frederick Douglass Memorial & Historical Association between 1903 and 1962.

Frogs, Frogs, and More Frogs - A Monitoring Project

Kenilworth Aquatic Gardens -
Visitor Center

10:00 a.m. March 4

202-426-6905

Ages 18 to Adult

Snow date, March 11

See Friday, February 4, for program description.

Women's History Month

Exhibit Oxon Cove Park -

Visitor Barn

All Month

301-839-1176

All Ages

View this exhibit to learn about the different accomplishments women have made long ago and today.



Mary McLeod Bethune. NPS Photo.

April 2005

Reading Ranger - Saluting Rosa Parks

*Greenbelt Park - Ranger Station
10:00 a.m. Sunday, March 5*

301-344-3944

Ages 6 to 10

Celebrate Women's History Month and discover the inspiring story of Rosa Parks who changed American society by refusing to move to the back of a bus. *Reservations required.*

Celebrating Women's History Month

*Kenilworth Aquatic Gardens -
Visitor Center*

8:00 a.m. March 6 - 31

202-426-6905

All Ages

Learn about the role that Helen Shaw Fowler played in the success of growing water lilies at Shaw Gardens, which later became Kenilworth Aquatic Gardens. An exhibit will be on display throughout the month.

Rabbit Review

Oxon Cove Park - Visitor Barn

1:00 p.m. Sunday, March 12

301-839-1176

All Ages

Are you receiving a pet bunny for Easter this year? Come to Oxon Hill Farm to meet rabbit breeders and learn about the proper care and handling of your pet rabbit.

Meet the Beaver

Greenbelt Park - Ranger Station

*11:00 a.m. Saturday,
March 18*

301-344-3944

Ages 5 - Adult

Join a park ranger to learn why beavers build dams, construct lodges, and cut down trees. *Reservations required.*



Mrs. Debutts' Letters

Oxon Cove Park - Visitor Barn

1:00 p.m. Sunday, March 19

301-839-1176

All Ages

Mount Welby was the name of the Oxon Hill Farm property in the 1800s. Much of what we know of this era is based on letters written by Mrs. Debutts, the mistress of Mount Welby. In tribute to Women's History Month, we will explore the importance of letters and other personal documents in the telling of the story of American women.

Volunteer Trail Day

Greenbelt Park -

Holly Picnic Area

8:30 a.m. Saturday, March 25

301-344-3944

Ages 14 to Adult

The National Park Service and Recreational Equipment Incorporated (REI) will host a volunteer day to help improve and maintain park trails. Participants should wear sturdy shoes and bring insect repellent and gloves. This project involves physical labor, including pushing shovels, rakes, and wheelbarrows. *Please RSVP with REI by March 18th at 301-398-9681.*

Alice Ferguson Foundation's Potomac Watershed Clean-up

NCP-East Clean-up Sites

Join thousands of watershed neighbors to remove unwanted trash from our communities and to show your support for a trash-free Potomac Watershed. Wear sturdy shoes or boots and old clothes. Limited access for the elderly or disabled. Over 250 clean-up sites throughout DC, MD, VA, WV, and PA.

Visit www.potomaccleanup.org to find a location near you. You can also contact Wende Pearson at (301) 292-6665 or potomaccleanup@fergusonfoundation.org.

Piscataway Park -Hard Bargain Farm - Lower End of the Lodge

9:00 a.m. to 12 noon

Saturday, April 8

301-292-5665

All Ages

Oxon Cove Park - Visitor Barn

9:00 a.m. to 12 noon

Saturday, April 8

201-839-1176

All Ages

Greenbelt Park - Ranger Station

9:00 a.m. Saturday, April 8

301-344-3944

Ages 8 to Adult

Registration required.

Fort Washington Park -

Lighthouse area

9:00 a.m. to 12:00 p.m.

Saturday, April 8

301-763-4600

All Ages



Artillery Demonstrations

Fort Washington Park - Old Fort
1:00 p.m., 2:00 p.m., & 3:00 p.m.
Sunday, April 2

301-763-4600

All Ages

Volunteers dressed in Civil War uniforms will present cannon firing demonstrations and explain the procedures used during the muzzle-loading era of American artillery.

Invasive Plant Removal

Greenbelt Park -
Sweetgum Picnic Area
11:00 a.m. Saturday, April 1

301-344-3944

Ages 8 to Adult

See Saturday, January 7, for program description.

Visitor Safety Forum

Greenbelt Park - Ranger Station
10:00 a.m. Sunday, April 9

301-344-3944

All Ages

How safe do you feel away from home? Come and share safety ideas and tips with fellow campers and park visitors.

Spring Trail Walk

Greenbelt Park - Ranger Station
1:00 p.m. Sunday, April 9

301-344-3944

Ages 6 to Adult

Join a park ranger to discover the new life of spring on a one-mile walk through Greenbelt Park. *Reservations required.*

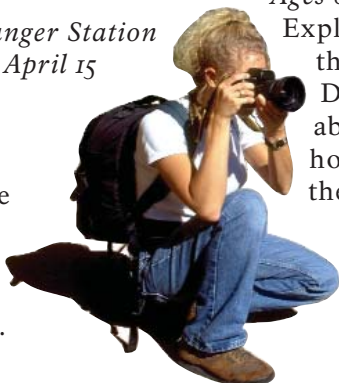
National Wildlife Photography

Greenbelt Park - Ranger Station
1:30 p.m. Saturday, April 15

301-344-3944

All Ages

Join a wildlife photographer as we share photos of wildlife in our national parks. *Reservations required.*



Anacostia River Clean-up

Anacostia Park -
Pavilion
9:00 a.m. Saturday,
April 15

202-472-3873

All Ages

In celebration of National Park Week, join Volunteer Coordinator Wayne Phillips in the effort to help revitalize and restore the Anacostia River. Wear sturdy shoes or boots and old clothes.



Earth Day Event

Kenilworth Aquatic Gardens -
Visitor Center

9:00 a.m. Saturday, April 15

202-426-6905

All Ages

Volunteers will participate in projects throughout the park. This is an annual event to promote environmental awareness.

Celebrate National Park Week

Oxon Cove Park

9:00 a.m. Saturday, April 22

301-839-1176

All Ages

Oxon Cove Park will partner with the Concerned Citizens for the Betterment of Forest Heights to celebrate the natural and cultural resources of Oxon Cove. Please call for more details.

Uncovering the Past at Cedar Hill

Frederick Douglass National
Historic Site Visitor Center

2:00 p.m. Saturday, April 22

202-426-5961

Ages 8 and up

Explore the historic landscape that surrounds the Frederick Douglass Home and learn about the evidence that reveals how the Douglass family used the grounds.

Stewardship Workshop

Mary McLeod Bethune Council
House National Historic Site

11:00 a.m. Saturday, April 22, 2006

202-673-2402

All Ages

Maria Goodwin, practicing genealogist, will conduct a stewardship workshop for beginners in preserving family history.

National Park Week

Mary McLeod Bethune Council
House National Historic Site

12:00 p.m. April 22 - 30

202-673-2402

All Ages

Join a park ranger during National Park Week to learn about the National Park System and national parks connected to Mary McLeod Bethune.

History of the National Parks

Greenbelt Park - Ranger Station
10:00 a.m. Sunday, April 23

301-344-3944

Ages 8 to Adult

Celebrate National Park Week, April 22 - 30, and discover national parks. The theme for National Park Week 2006 is "Connecting Our Children to America's National Parks." *Reservations required.*

Volunteer Trail Day

Greenbelt Park - Holly Picnic Area
8:30 a.m. Saturday, April 29

301-344-3944

Ages 14 to Adult

See Saturday, March 25, for program description. *Please register with REI by April 22 at 301-398-9681.*





POWERFUL WOMEN OF COLOR...

Because of their astute leadership, intellect, and philosophy of an unfettered democracy, Mary McLeod Bethune (1875-1955) and Dorothy Irene Height (b. 1912) have broken barriers as both national and international advocates for equality. In celebration of Black History and Women's History Months, the NPS commemorates the contributions of these two giants of the civil rights movement and their involvement in the National Council of Negro Women (NCNW).

By the age of 29, Mary McLeod Bethune, the daughter of ex-slaves who spent her early years working in South Carolina's cotton fields, was already a 10-year veteran of educational and social service work. In 1904, she founded the Daytona Educational and Industrial Training School for Negro Girls, which later developed into Bethune-Cookman College. She was aware of the chauvinism that black women faced in their homes, communities, and places of work and the racism which confronted them in their efforts to eliminate the economic, political, and social barriers which precluded advancement. Her work throughout the 20th century sought to eliminate these pressing problems.

With a mature and seasoned vision, Mrs. Bethune embarked upon the second most important accomplishment of her life, the founding of the National Council of Negro Women (NCNW) in 1935. At least 30 national organizations of black women were founded between 1896 and 1935. In addition to the National Association of Colored Women's Clubs, the NCNW was an "organization of organizations." It held the promise of making black women a powerful and effective force in



L to R: Dr. Dorothy Height, Representative Bella Abzug of New York, and Dr. Louise Maxienne Dargans, Research Division, House Committee on Education and Labor at an NCNW Annual Meeting on the 1970's.
Mary McLeod Bethune Council House NHS, National Archives for Black Women's History, NCNW Records.

addressing economic, political, and social issues. The idea was conceived in 1928 and planning began in 1930.

The first of several meetings was held on the campus of Bethune-Cookman College on March 22 and 23, 1930. Women affiliated with 12 national organizations and state, fraternal, and education leaders were present. Mrs. Maggie Lena Walker, Mrs. George S. Williams, Mrs. Robert Russa Moton, and Mrs. Booker T. Washington were among the prominent women attending the meeting. The women collectively agreed that the NCNW would help to eliminate the overlapping of programs in national organizations, to disseminate information from elders of the national groups to the constituent membership, and to serve as a medium through which Negro womanhood might reach upward to cooperate with national or international movements affecting

Mrs. Bethune became the first president of the NCNW, serving until 1949. One of her protégés, Dorothy Height, would later accept a leadership role with NCNW, providing a foundation for leading the organization into the 21st century. Born in Richmond, Virginia, and raised in Rankin, Pennsylvania, Dorothy Height established herself early as a dedicated student with exceptional oratorical skills. She earned her Bachelor's and Master's degrees in social work within four years from New York University. She was employed as a New York City case worker and as a Young Women's Christian Association center director for many years. Devoting her life to leadership and the struggle for equality and human rights for all people, Dr. Height never married nor had children. Her life exemplifies her passionate commitment to a just society and her vision of a better world.

Upon becoming president of the NCNW in 1957, Dr. Height was determined to use the vision of Bethune and her values and ideals to take the NCNW into a new era in American history. Many obstacles that had stood in Bethune's way in the past no longer hindered the NCNW. Dr. Height used connections, creativity, perseverance, and courage to help move the NCNW into the 21st century.

Dr. Height developed the NCNW into an international organization with a highly trained professional staff

having capabilities for program delivery and advocacy seldom realized by voluntary organizations. The groundbreaking accomplishments of her administration included the acquisition of tax-exempt status; the erection of the Bethune Memorial Statue in Lincoln Park; the incorporation of NCNW; the addition of full-time staff; the establishment of the Bethune Museum and Archives; the development of program models; and the purchase of an historic office building one block from the United States Capitol on Pennsylvania Avenue N.W., that serves as the current national headquarters of the NCNW.

Dr. Height has made amazing strides that would have made Mrs. Bethune proud. She, like Mary McLeod Bethune, has lived a life of service which is to be admired by all. Both of these powerful women have received several honorary doctoral degrees for their contributions.

Today, the Mary McLeod Bethune Council House National Historic Site preserves the last official residence of Bethune and the first headquarters of the National Council of Negro Women. The site's mission includes interpreting the life and legacy of not only Mary McLeod Bethune, but also the history of African American women, including Dorothy Height, in the struggle for civil rights in the U.S.



Dr. Dorothy Height at the current headquarters of the National Council of Negro Women in 2003. *Terry Adams, NPS Photo.*

Bookstore Information

STAY PARK SMART EXPERIENCE AMERICA'S NATIONAL PARKS AT PARTICIPATING EASTERN NATIONAL BOOKSTORES



Eastern National Association is a partner with five park sites within National Capital Parks-East. Eastern National strives to help connect people to parks through the sale of quality educational products and services.

Eastern National operates educational retail outlets in over 150 national parks and other public trusts. A wide variety of theme-related, site-specific publications and merchandise can be purchased in Eastern National bookstores. Park supporters also have the ability to place orders online at www.eParks.com or by calling (877) NAT-PARK.

Books

Cobblestone: Mary McLeod Bethune - She was an educator, organizer, fundraiser, and political activist. She worked tirelessly for equality for African Americans both in education and political representation. Appropriate for children in grades 3-5. eParks.com keyword: 2-27124. \$4.50

My Bondage and My Freedom by Frederick Douglass - He wrote three autobiographies, of which, this one is the most graphic. Throughout the book, Douglass provides a keen analysis of the effect of slavery on children and their parents. This is the unabridged and unaltered 1855 version. \$9.95

Audio/Video

Civil War Journal: The 54th Massachusetts - This 1993 video details the history of the Massachusetts 54th Regiment. The African American regiment served with valor and distinction in the Civil War. \$19.95

Frederick Douglass: An American Life - This documentary film produced by the National Park Service explores the life and times of Frederick Douglass, a fugitive slave who becomes an eloquent orator and spokesman against slavery. \$19.95

Collectibles

America's National Parks Deluxe Scrapbook Kit - This is the first scrapbook kit specifically designed for visitors to the national parks. The kit uses well-known national park icons like Mount Rushmore, the Liberty Bell, and a giant Sequoia to represent the wide-range of natural, cultural and historic themes found in our national parks. \$9.95

America's National Parks Memory Card Game - This 60 piece game features beautiful photographs of the national parks. It is both fun and educational, with a detailed informational booklet describing the featured parks. \$10.95



NPS Photo.

PARK SAFETY TIPS

Valuables

When visiting national parks, be sure to secure all valuables in a safe place. Never leave any valuables unattended in the park or in the car, even in the locked trunk.

Buckle Up! Seat Belts

Required by Law.

Slow down at dawn and dusk. Watch carefully at all times for pedestrians, other motorists, and animals on roadways.



On the Road

- Pedestrians have the right of way.
- Follow park speed limits.
- Be aware that traffic in parks can be very heavy, so be patient.
- Always yield to emergency vehicles.
- Always keep watch for bicyclists, especially when turning, merging, changing lanes, or entering intersections.

Fortifications

Climbing any part of fortifications or on the batteries around them is unsafe. Many historic surfaces are uneven and some areas are slippery and damp especially in rain or snow. Please stay off parapets, and watch your children.

Always Put Out Campfires!

They are dangerous when left unattended and can cause forest fires. Always put campfires out completely with water before leaving the area.



Hiking Precautions

- Hiking off trails is unsafe, damages vegetation, causes erosion, and creates unsightly paths.
- Choose hiking trails suitable to your physical condition.
- If you plan to hike solo, give your intended route and length of trip to a park ranger or friend.
- Wear the proper clothing. Hiking boots should be sturdy, with good traction and ankle support, and should be well broken in ahead of time.
- Bring along bottled water.

Don't Litter

Use the trash cans located throughout the park.



WINTER SAFETY TIPS

Winter in the Washington, D.C. metropolitan region can be extremely cold. Here are some safety tips to follow when visiting our parks.

Dress for the Weather

When venturing out into cold weather, it's important to wear clothing that holds the body's heat. Clothing should be windproof, water repellent, and capable of allowing moisture to evaporate from the body.

Layering clothing is advisable, as the air pockets between fabrics hold the body's heat. Layered clothing also has the advantage of being removable if the temperature rises.

Hypothermia

Hypothermia is the lowering of the internal temperature of the body and it leads to mental and physical collapse. Hypothermia is caused by exposure to cold and is aggravated by moisture, wind, and exhaustion. If someone in your party becomes exhausted or goes into persistent or violent shivering, don't ignore the symptoms. Get the person out of the cold as soon as possible and wrap them in a warm blanket.



Dehydration

Adults require two quarts of water daily and up to four quarts when performing strenuous activity. There is a 25% loss of stamina when an adult loses one and a half quarts of water. To avoid dehydration, simply drink water as often as you feel thirsty.

Frostbite

Frostbite may occur when inadequately protected flesh is exposed to subfreezing temperatures. Tissue damage can result from reduced blood flow to the extremities. The symptoms of frostbite include loss of feeling and a dead white appearance in the exposed portion of the body. Treatment involves restoring body temperature as rapidly as possible, preferably by immersion in a water bath of less than 110 degrees F. or by other means.

Be Prepared

When heading out for a day of winter sport activity bring along the following items:

- Identification and emergency medical information
- Money for a phone call or a cell phone or two-way radio
- Extra food and water
- Thermal blanket
- Map and compass
- Knife
- Flashlight
- First Aid kit



Activities At Your Fingertips

Celebrate National Park Week Online
April 22 - 30, 2006

WebRangers

As a WebRanger, you'll learn what park rangers do to help protect our natural resources and our cultural heritage. You'll also learn how park rangers observe and discover new things about our national parks - things to share with visitors like you!

<http://www.nps.gov/webrangers/>

American Visionaries: Thomas Moran

Celebrate the creation of the first national park, Yellowstone, by viewing this online exhibit. Works by Thomas Moran, the famous American landscape artist, are featured.

<http://www.cr.nps.gov/museum/exhibits/moran/>

Treasures of the Nation

Ever wonder what museum treasures are in our national parks? *Treasures of the Nation* is an indexed image database that contains an ever growing sampling of more than 76 million museum objects, specimens, and archival documents found in over 300 national parks.

<http://www.cr.nps.gov/museum/treasures/index.htm>

PARKitecture in Western National Parks

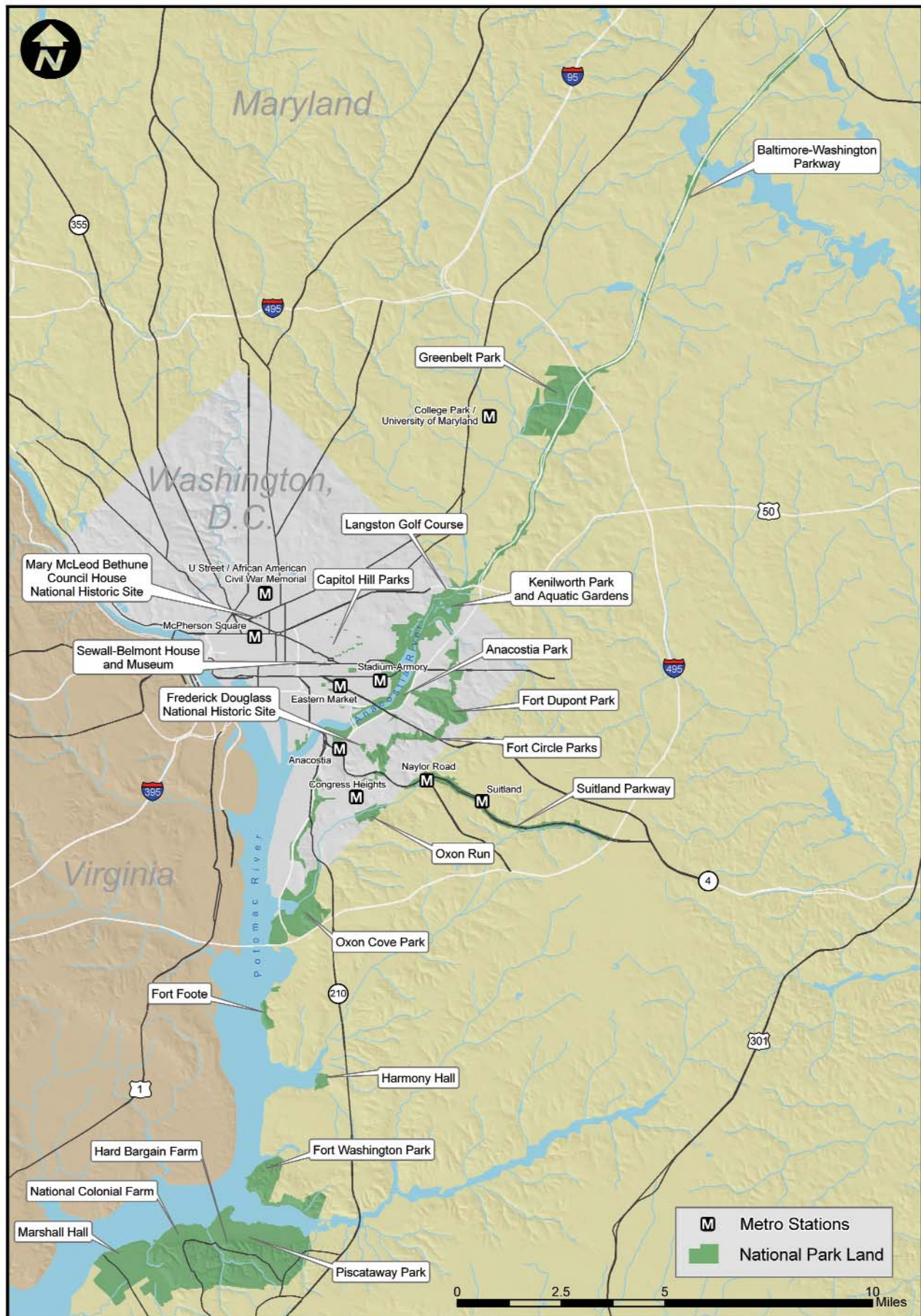
The idea of designing with nature flourished in the National Park Service in the early 20th century. This online exhibit features black and white photographs and measured drawings of representative structures and sites in 10 well-known parks.

<http://www.cr.nps.gov/habshaer/parkitect/>

NPS Archeology Program

Archeologists are at work throughout the National Park System. Visit this site to learn about the work they do and their exciting discoveries.

<http://www.cr.nps.gov/archeology/feature1.htm>

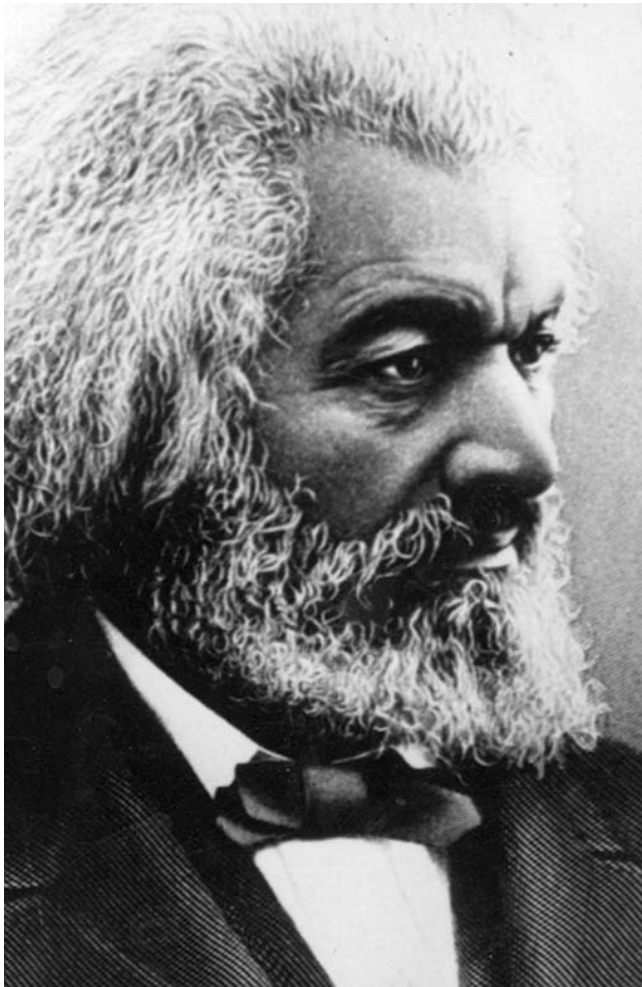




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TOURS AT THE FREDERICK DOUGLASS NATIONAL HISTORIC SITE

Tours of the Frederick Douglass Home, the last residence of the great orator, statesman, abolitionist and women's rights activist, are given daily except January 1, Thanksgiving Day, and December 25. Reservations are required for groups of 5 or more and encouraged for others. The public can expect a few closures of the home throughout the winter and spring as the site undergoes a series of maintenance projects. For closures or project updates, please call ahead at 202-426-5961 or visit the park's website at www.nps.gov/frdo.

IMPORTANT EVENTS IN FEBRUARY Frederick Douglass Birthday Celebration

10:00 a.m. Tuesday, February 14, 2006

202-426-5961,

Ages 8 and up

Celebrate Frederick Douglass' 188th birthday as the National Park Service and other officials commemorate his life and legacy.

Frederick Douglass Conference Matthews Memorial Baptist Church

9:30 a.m. Friday, February 17, 2006

202-544-6474

Ages 9 to adult

Join the Frederick Douglass Memorial & Historical Association for its first Frederick Douglass Conference. This year's theme is "Frederick Douglass' Perspectives on the Effects of Politics Today." Lunch is included. *This program will take place at Matthews Memorial Baptist Church, 2616 Martin Luther King, Jr. Avenue, SE.*